



HEALING CENTRE
FOR
griefologyTM



Counselling Services

**For Young People in the General
Public**

With esteemed Griefologist, Rosemary Wanganen

“Griefology is a place where grief meets inspiration”

Contact us

Phone: (08) 8341 5557

Email: admin@lossandgrief.com.au

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Address: 2/107 Military Road, Semaphore, South Australia 5019

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Information for Young People - Meet Rosemary

Hello. My name is Rosemary Wanganeen, and I'm a proud South Australian Aboriginal woman.

My traditional heritage on my Dad's side is Kurna of the Adelaide Plains, and on my Mum's side, Koog-a-tha and Wi-rang-gu, both on the west coast of South Australia. Equally, I have a proud English heritage.

I'm a Griefologist with lots of life experiences. That might sound like a big word, but I simply put loss and grief together and came up with the word **Griefology**.

It simply means I help young people who DCP is supporting to help you understand the many losses you may be experiencing and the feelings of grief.

Grief can feel like a heavy backpack filled with all sorts of losses and grief emotions, and sometimes, we don't even realise how much we're carrying.



Rosemary Wanganeen

My role is to help you unpack that backpack, one piece at a time, so life feels a bit lighter.

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Information for Young People - Meet Rosemary

There are so many things we can lose and grieve for, including death and dying. I've been doing this work for over 30 years, but it didn't start as a job. It started with my own life story.

I'm part of the Stolen Generation, and that experience brought me many losses and feelings of grief I didn't understand. I wanted to understand my feelings better, so between 1987 and 1992, I did some personal healing and created something called Griefology.

It's a way to help people from all cultural backgrounds feel safe as they explore their loss and grief. Unpacking your backpack can happen only when you're ready.

One thing I want you to know is that your feelings are valid, and you're not alone in them.

Our conversations will be safe and private. I always follow strict confidentiality rules, except if I need to make sure you or someone else is safe.

I look forward to meeting you one day.



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Information for Young People - About Griefology

Griefology helps with all sorts of challenges, like:

- Young people who've been through tough times with lots of changes
- Mental health challenges
- Addictions
- Losing someone you love
- Family or friendship break-ups



When we talk about grief, we use some new words you might find interesting:

- **Tangible and intangible losses:** Things you can see and things you can feel but not see
- **Grief emotions:** Feelings that pop up when we've lost something or someone
- **Grief triggers:** Moments or memories that suddenly remind us of a loss
- **Grief fears:** Worries we might have about losing something or someone again
- **Grief behaviours:** Actions we do when we feel grief (and these aren't problems, just ways of coping)
- **Reflective and creative grief activities:** Things we can do to express and understand our grief
- **Intuitive intelligence:** Our natural, inner wisdom that helps us understand our feelings and heal
- **Loss and grief are a part of the human experience**

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ACKNOWLEDGEMENT OF COUNTRY

The Healing Centre for Griefology and founder, Rosemary Wanganeen, acknowledge that the Kurna people are the Traditional Owners of Country of the land on which we are privileged to live, work, and play, and pay respects to Elders of the Kurna nation, past, present and future.

Rosemary acknowledges her gratitude for the sharing of modern Australia, and at the same time, expresses her deep sadness for the cost of this sharing particularly for Aboriginal and Torres Strait Islander people. We all have a right, a role, and responsibility to support the Reconciliation process and forge a path to a place of equity, justice, and partnership for all Australians.

The Healing Centre for Griefology further acknowledges all Traditional Owners of Country throughout Australia and Torres Strait Islands and pays respect to their continuing connection to the land, waters and community we are privileged to visit. We pay our respects to the people, the cultures and the Elders past, present and emerging.

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